## Nov-Dec

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Questions? Call 800-821-6591.



#### 3 Ways to Learn More and Sign Up:

- 1. Visit etf.wi.gov/well-wisconsin-events.
- **2.**Click on the "Well Wisconsin Events" card in the portal at **webmdhealth.com/WellWisconsin**.
- 3. Scan the QR code:



\*Open for anyone to attend regardless of health insurance enrollment



#### **Healthy Holiday Recharge**

<u>Virtual workshop</u> to support your mental health and well-being. Join us bi-weekly on Thursdays at 12 pm from Nov. 6 through Dec. 4. Explore a variety of healthy habits from enjoying holiday foods to coping with loneliness, reducing stress and reclaiming your joy. Identify stress triggers and how to handle grief during the holidays.

#### Fitness Classes\*

#### **Holiday Themed Variety**

festive themes. Join us weekly on Mondays at 4 pm from Nov. 10 through Dec. 8. (Note: There will be no class the week of Nov. 24.) Classes and descriptions are available in our registration survey. This series is designed for intermediate to advanced fitness levels.

Virtual classes with a variety of styles and

#### Cooking Classes\*

#### **Healthy Holiday Baking**

<u>Virtual classes</u> designed to help you bake up a healthier holiday season. Join us weekly on Mondays at noon, from Nov. 17 to Dec. 15. (Note: There will be no class the week of Nov. 24). This four-week series features healthy dessert cooking demonstrations.

#### Volunteer Event\*

#### **Blood Drive**

In-person event and opportunity to donate blood and help save lives in Wisconsin. Join us on Dec. 9 from 8:30 am to 2:30 pm in Madison at the Hill Farms State Office Building (4822 Madison Yards Way), in Boardroom S149. Pick up Well Wisconsin resources, take a self-care break and get a sneak peek into the 2026 program. Sign up and select your appointment time.





The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

# January

Enjoy healthy living in your home state with Well Wisconsin. Our team team is dedicated to supporting you with a variety of fun and impactful educational opportunities, classes, events and more. Questions? Call 800-821-6591.



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#### Fitness Classes\*

#### Yoga & Pilates

<u>Virtual classes</u> every week in 2026 on <u>Mondays at 4 pm CT</u>, starting Jan. 26. Experience the meditative and calming effects of yoga as we focus on slow flow yoga. Designed for all fitness levels.

#### Workshop\*

#### **Diabetes: Strengthening Lifestyle Strategies**

<u>Virtual workshop</u> with bi-weekly meetings on <u>Wednesdays, starting Jan. 28</u>. Discover strategies for manage stress, meal planning and improving sleep to support healthy blood sugar. Plus, join bonus activities like cooking demos and more. **Register by Jan. 27**.

### Diabetes Prevention Program\*

#### Information Session

<u>Virtual event</u> with two options to choose from on Jan. 21 at 11 am or Jan. 30 at 12 pm CT.

Discover how the PreventT2 lifestyle change program can help you lose weight, become more

#### Webinar\*

#### Well Wisconsin 2026 Highlights

physically active, and reduce stress.

Virtual event on Monday, Jan. 12 at 12 pm CT.

Discover how you can support your well-being the Wisconsin way with programs and resources available through Well Wisconsin.

#### **Cooking Classes\***

#### Sip Smart: Healthy Beverages

<u>Virtual event</u> on <u>Tuesday</u>, <u>starting Jan. 27 at 11</u> am CT. As you make healthier beverage choices during the Sip Smart challenge, discover recipes to support you along the way.

#### **Discovery Walk\***

#### Mindful Winter Walk

In-person event at MacKenzie Center near Madison on Tuesday, Jan. 20 from 5:30 to 7 pm CT. Discover nature and embrace the winter scenes on a guided walk. If there's snow, we'll have the option of walking in snowshoes.

#### **Lunchtime Boost\***

#### **Stretch Break**

<u>Virtual wellness break</u> on Friday, Jan. 9 at 12 pm CT. Take a 15-minute stretch break to help release muscle tension and improve your posture.



